



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**

INTERNATIONAL WEBINAR ON HEALTH UNDER THE THEME OF “Y20 YUVAMANTHAN

Objective: To build self-awareness through youth leadership programs and create a platform for young people to have a discussion on global issues.

Description: The Health Club of St. Bede's College, Shimla, organized an International Webinar on September 9, 2023, in collaboration with the Ministry of Youth Affairs and Sports on the theme “Complete Well-being: Physical and Mental Health through Traditional Medicine and Yoga,” under the overarching theme of “Y20 Yuvamanthan Model G20.” The webinar featured two esteemed international speakers: Professor Yvone Paul from South Africa, who spoke on “Exercise is Medicine,” shedding light on the critical role of exercise as a therapeutic tool for physical and mental health, and Professor Jerome Porto from the Philippines, who presented on “Smart Fitness,” emphasizing the significance of integrating health and fitness into daily life, especially in the modern context. The session was moderated by Professor Rajkumar Malipatil from Karnataka, who ensured a smooth flow of the discussions. In her address, Principal Prof. (Sr.) Molly Abraham highlighted the importance of health for individuals of all ages and encouraged the organizers to continue hosting such events to raise awareness on health and well-being among students and the public. The webinar, which was attended by more than 70 participants from both India and abroad, offered valuable insights into traditional and modern approaches to health, fitness, and wellness. The event was well-received, fostering a greater understanding of how physical activity and mental well-being are interconnected.

Outcome: Increased Knowledge and Awareness: The ability to comprehend the interrelated elements of physical, mental, and emotional well-being will be improved in participants.

St. Bede's College
#Bede 47002
(UGC/MAAC 'A' Grade Re-Accredited)
College with Potential for Excellence
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International Speakers:

Prof. Yvone Paul¹
Tshwane University of Technology,
Pretoria, SOUTH AFRICA

Dr. Jerome Anthonio Porto, LPT²
Assistant Professor (Phys. Eds.) & Chairperson (FSMT),
University of Santo Tomas, Manila, PHILIPPINES

Prof. Rajkumar P. Malipatil³
Dean, Faculty of Education,
Kannada University's Women's University,
Vijaypura, Karnataka, INDIA

Organiser's:

Patron
Prof. (Sr.) Molly Abraham
Principal,
St. Bede's College, Shimla (H.P.) INDIA

Dr. Kusum
Member, Health Club
St. Bede's College, Shimla (H.P.) INDIA

Miss Jagriti Chaudhan
Member, Health Club
St. Bede's College, Shimla (H.P.) INDIA

Dr. Ashwini Kumar
Coordinator, Health Club
St. Bede's College, Shimla (H.P.) INDIA

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INTERNATIONAL WEBINAR
In Collaboration with Ministry of Youth Affairs and Sports
ON
"COMPLETE WELL-BEING - PHYSICAL AND MENTAL HEALTH
THROUGH TRADITIONAL MEDICINE AND YOGA"
September, 09, 2023, Time: 10:00 AM to 12:00 PM (Indian Time)
Under the theme of "Y20 Yuva Manthan Model G20"
Organised By:
Health Club,
St. Bede's College, Shimla (H.P.) INDIA

वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE
Google meet link: <https://meet.google.com/qgi-bvce-mqg>



Attendance Sheet

Activity: INTERNATIONAL WEBINAR on "COMPLETE WELL-BEING-PHYSICAL AND MENTAL HEALTH THROUGH TRADITIONAL MEDICINE AND YOGA"

Date: September 9, 2023

Questions
Responses
135
Settings

St. Bede's College Shimla

A Post Graduate College Affiliated to the H.P. University
NAAC Re-accredited A+ grade

INTERNATIONAL WEBINAR

In Collaboration with Ministry of Youth Affairs and Sports
"COMPLETE WELL-BEING-PHYSICAL AND MENTAL HEALTH THROUGH TRADITIONAL MEDICINE AND YOGA",
September, 9, 2023 (10.00 to 12.00 pm IST), Under the theme of "Y20 Yuva Manthan Model G20", St. Bede's College, Shimla (H.P.)-INDIA

Dr Pankaj Aashish	St. Bedes college Shimla	Geography	Himachal Pradesh
Mr. Vikas Singh	Dr. R M L A University	Physical Education	Uttar Pradesh
Dr Ashwani kumar	Government college Indora kangra HP	Physical education	Himachal pradesh
Sudheer Kumar Yadav	Nandini nagar p g college Nawabganj gonda	Physical education department	Uttar Pradesh
Dr. Vaibhav Singh	NNPG College, Nawabganj, Gonda, UP	Department of Physical Education	Uttar Pradesh
ARZOO YADAV	RAM MANOHAR LOHIYA AWADH UNIVERSITY, FAIZABAD UP	PHYSICAL EDUCATION	UTTAR PRADESH
Dr. Sanjeev Kumar	Kalinga University,	Physical Education	Chhattisgarh

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St. Bede's College
Physical Education
Department

Attendance Sheet



Yadav	Naya Raipur C.G.		
Dr. Abhijeet singh	Saraswati vidya mandir postgraduate college	Department of physical education	U P.
PUNITA VOHRA	O P JINDAL SCHOOL ,RAIGARH C.G.	Education	Chattisgarh
Prof. Priscilla P. Dagoc	ISPEAR, University of Southern Mindanao	Physical Education	Cotabato Province
Prof. Gladys Pearl O. Ambrocio	University	Bachelor of Physical Education (BPed)	N/A
Mr. Arvind	University	BPed	N/A
Mrs Monika parihar	Govt auto pg college chhindwara	Department of physical education nd sports	Madhyapradesh
Manish pratap singh	Pandit S.N shukla university shahdol m.p.	Department of Physical education	Madhyapradesh
Pallavi Mishra	Mandsour University	Physical education	Uttar Pradesh
Mr. RANJAY KUMAR SINGH	MOUNT LITERA ZEE SCHOOL BAIJALPUR SONEPUR SARAN	Physical education	Bihar
Mr. Sunil Kumar	Cbse	Physical education	Bihar
Dr.Gangadhara T.	HPPC GFGC challakere	Physical Education	Karnataka
Ashwani Kumar	NNPG	Physical education	Uttar Pradesh
Dr. Kusum	St. Bede's College, Shimla	Botany	Himachal Pradesh
Miss Jagriti	St. Bede's College, Shimla	Psychology	Himachal Pradesh
Mr Ashish Pandey	Ptsns University shahdol	Bpes	Madhya Pradesh
Prof. Vinus P. Java	University of Southern Mindanao	Institute of Physical Education and Recreation	M.P

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St. Bede's College
Department of Education
Department

Attendance Sheet



Dr. Gopesh kumar singh	HNBGU Srinagar Uttarakhand	Physical Education	Uttarakhand
Dr.seema pandey	Navyug Kanya mahavidyalaya	Physical education	Uttar pradesh
Dr. Giraja Singh	Bundelkhand University Jhansi U.P.	Physical Education	Uttar Pradesh
Dr. Chander Shekhar	Swami Premanand Mahavidiyalya Mukerian	Physical Education	Punjab
Dr. Anju	Himachal Pradesh University, Summerhill, Shimla	Physical Education	Himachal Pradesh
Mr. MAHI PAL	Ph.D Research scholar Swarnim gujarat sports university Desar (Gujarat)	Department of Physical education and sports	Haryana
Prof Rajkumar P Malipatil	Karnataka State women's university.vijayapur	Physical education	Karnataka
Dr. Teju	. KSAWU. Vijayapura	Department of studies in physical education and sports sciences	Karnataka
Swapna Sexsena	KSAW	DOS in Physical Education and Sports Sciences	Karnataka
Mr Rasoolsab	Mangalore University	Physical education	Karnataka
Ms. Namrata Antalamarad	KLS Gogte College	Physical Education and Sports	Karnataka
Miss JABINTAJ JIGLUR	KARNATAKA UNIVERSITY VIJAYAPURA	PHYSICAL EDUCATION AND SPORTS SCIENCE	KARNATAKA
Mallikarjun	Chand Bi Bi College of Education For Women Kalaburagi	Education	Karnataka
Shivasharanapp v	Govt women's first	Assistant professor	Karnataka

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St. Mary's College
Karnataka
Department

Attendance Sheet



Biradar	grade college kalaburgi		
MUNEENDRA B.L.	VSK UNIVERSITY BALLARY	PHYSICAL EDUCATION AND SPORTS SCIENCES	KARNATAKA
shobagouri@gmail.com	CNR GOVERNMENT FIRST GRADE COLLEGE SRIRAMNAGAR	Collegiate Education	KARNATAKA
Dr. Maheshkumar Ganwar	smt.veeramma gangasiri womens college,kalaburagi.	sociology	karnataka
Prof. Makarand Shrikrishna Joshi	Marathwada Sanskritik Mandala's College of Physical Education, Chatrapati Sambhajnagar, Maharashtra	Physical Education (Sports Psychology)	Maharashtra
Dr. Vaidyanatha U	University college of Physical Education, Bangalore University, Bangalore	Physical Education	Karnataka
HUSSAINSAB K.P.	BHARATHIDASAN UNIVERSITY TIRUCHRAIPALLI	Physical education	TAMILNADU
BADESAB	GBR College Huvinahadagali	Physical education	Karnataka
Dr. I. M. Makkubhai	Nehru Arts, Science and Commerce Hubballi Karnataka India	Physical Education and Sports	Karnataka
Prof.Raju P	Vijayanagara Shri Krishna Devaraya University, Ballari	Department of Physical Education and Sports	Karnataka
Mr. Shivakumar G	Sarada Vilas College Mysuru	Physical Education	Karnataka

(Signature)
20/10/2023



Dr. Heeru Rathod	Government First Grade College for women yadgir	Sociology	Karnataka
Dr. SARANGAPANI	Indian College of Education For Womens CHIDRI BIDAR	B.ed college EDUCATION	Karnataka
Dr. Joseph Anil Kumar W	RGUHS Bangalore	Physical Education	Karnataka
Jyoti Nagindrappa	GWFOC Kalaburagi	Physical education	Karnataka
Dr. Haji Begum	Karnataka state Akkamahadevi womens university vijayapur	Collegiate education	Karnataka
Mr. OMKAR MAHASHETTY	Kaviratan kalidas degree college Bidar	Physical education	Karnataka
Prof. Raja s Bagalkot	Karnataka state akkamahadevi women's university Vijayapur	Dept of hindi	Karnataka
Dr. KHAMARJAHAN	Karnataka State Akkamahadevi Women's University Vijayapura	Education	Karnataka
Dr. Arvind V Patil	Shri. B. Shyamsunder Memorial College Kalaburagi Gulbarga University	Physical Education	Karnataka
Dr. VINAYA H. K	SHIGGAON KARNATAK UNIVERSITY	Physical Education	Karnataka
MALLAPPA KHODNAPUR	RANI CHANNAMMA UNIVERSITY BELAGAVI	COMMERCE	KARNATAKA
Mr. Shiva K	Government Degree College Sindhanur	Physical education	Karnataka

St. Bede's College
Munster Education
Department

Attendance Sheet



Mr.CHAND WASIMAKRAM MUKADAM	Shri Ramkrishna Arts,Com & Science College Anakeri	PHYSICAL EDUCATION	KARNATAKA
Dr.Somanathreddy C.Patil	Government First Grade College, Raichur (Raichur University, Raichur)	Zoology	Karnataka
Dr. NIYAZ BEGUM	Women's College Karnataka	Mathematics	Karnataka
Mr MADHUSUDAN REDDY	Gulbarga University Kalaburagi	Dept of Physical Education	Karnataka
Dr. Pradeep Kumar U	Karnataka State Akkamahadevi Women's University Vijayapura	Department of Physical Education and Sports	Karnataka
Dr. Suresh Hosamani	Gulbarga university	Physical education	Karnataka
Dr Jyoti K S	State Womens university, Bijapur	Economics	Karnataka
Malashree	Gulbarga University kalburgi	Physical education	Karnataka
Dr. K. RAGHAVENDRA	Government first Grade college, Ranebennur	Physical Education and sports	Karnataka
Dr. Shashidhara Kelbur	VSK University Ballari	Physical Education	Karnataka
Mr.SHARABAYYA SWAMI	CHAND BI BI COLLEGE OF EDUCATION FOR WOMEN KALABURAGI	EDUCATION	KARNATAKA
Dr T Srinivasa	Govt first grade college honnavara	Department of physical aducation	Karnataka
MARUTHEESH E	Yergige pavagada	Physical education	Karnataka
Mrs Janyathi	Karnataka State Akka Mahadevi Women's University, Vijayapura	Physical Education	Karnataka

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Dr. Elangothirup
University
Department

Attendance Sheet



Dr.Ravi Nayak	Govt First Grade College Hannabad.Dist.Bidar	Dept of physical Education	Karnataka
DR LAXMIKANTHRAO B SHIROLI	Gulbarga university kalaburgi	Physical Education	Karnataka
Teja KR	Akkamahadevi womence university	Physical education	Karnataka
Asha Devi N	KSOU	Psychology	Karnataka
Dr.B.M.Patil	Karnatak University Dharwad	Physical education	Karnataka
Malikajan Davalasah Attar	Rani Channamma University, Belagavi- 591156	Department of Education, Rani Channamma University, Belagavi	Karnataka
Miss suma Tadavalakar	Karnataka state akka Mahadevi women university vijayapura	Physical education	Karnataka
Dr. Rahul Thakur	KBCNM University Jalgaon	Dept. of Physical Education and Sports	Maharashtra
Sumeeta soppadla	KSAWU vijayapur	Physical education	Karnataka
Ms.POOJA M	KLE Society's G H College, Haveri	Physical Education and Sports	Karnataka
Mahesh Akkivalli	Shri Kumareshwara College of Education hanga. Karnataka university Dharwad	Physical education	Karnataka
Mohammed Yusuf Lashkar	Government First Grade College Navalgund District Dharwad	Department of collegiate Education	Karnataka
Dr. Chandana Eswar	Pondicherry University	Physical Education and Sports	Pondicherry
Keerthi kumar v	Vijaynagara Sri Krishnadevaraya University Ballari	Physics education	Karnataka
Miss Karuna Amrutar	Akkamahadevi women's University	Physical education and sports science	Karnataka

[Handwritten Signature]
Principal
Date: 20/10/20

Attendance Sheet